



The Delaware Office of WOMEN'S HEALTH Newsletter

Providing information and awareness about women's health issues.

A message from Eileen Sparling



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Regular physical activity reduces the risks of heart disease, cancer, diabetes, weight gain, and mental health problems. Yet despite the health benefits of exercise, 8.5% of adult Delawareans report little or no physical activity. The lack of beneficial exercise for adult Delawareans with disabilities? Twice as high: 17.8%.

For the 22% of adults in Delaware who report having a disability, being physically active can be challenging; more so if barriers exist with access to exercise facilities, equipment, or communications.

The Center for Disabilities Studies (CDS) at the University of Delaware is partnering with the Delaware Department of Health and Social Services to improve the health of people with disabilities by promoting system change to reduce the disparities experienced by this population. The project offers technical assistance, professional development, and educational materials to create greater awareness about disability-related issues and the rights of people with disabilities. Find out more at www.gohdwd.org.

E.S.

The CDS works to advance policy and practice through research, education, leadership and services for and with individuals with developmental and other disabilities, their families and communities.

Disability doesn't mean Inability



More than 50 million Americans (27 million of whom are women) report having a visual, cognitive, behavioral, developmental, physical, emotional or mental disability. Despite having a condition that either mildly or severely interferes, people with disabilities also need to carry on with daily life - chores, jobs, family activities - and in the process, may neglect their own health needs. The result is that they are more likely to develop a secondary health condition, such as diabetes, heart disease, depression or arthritis. So it is all the more critical that those with a disability make time for preventive care: regular health screenings, eating a healthy diet, and keeping active.

Summertime is a good time to explore the many options within our state to keep active and enjoy the outdoors. Thanks to the Delaware Department of Natural Resources and Environmental Control (DNREC), *disability doesn't mean inability* at our parks and outdoor venues; people can enjoy easily accessible and safe fishing piers, specially equipped playgrounds, special vehicles that glide over the beaches...and more. So to find the nearest park and what it has to offer, visit www.destateparks.com or call (302) 739-9220. And get out there!



This pier on Logan Lane Pond near Kitts Hummock has been specially outfitted for ease of access by seated users. Thank you to DNREC for the photo.

POINTS of INTEREST:

August 1, 2013

An Afternoon In The Park

1:00 p.m.- 3:00 p.m.

Brecknock Park - Camden

To support breastfeeding and promote healthy living.

August 3, 2013

The Big Latch On

Breastfeeding Awareness

10:00 a.m.

<https://www.facebook.com/events/274895779321324/?fref=ts>

August 8, 2013

WIC Breastfeeding Conference

<http://www.dhss.delaware.gov/dhss/dph/chca/dphwichominf01.html>

September 28, 2013

DelMed 3rd Annual

Women's Health Fair

9:00 a.m. - 4:00 p.m.

<http://www.delmedhealth.com/HEALTH-FAIR-2013/>

The Office of Women's Health (OWH) Newsletter:

- Karen McGloughlin, *Editor*
- Glenda Krause, *Research & distribution*
- Jennifer Wooleyhand, *Newsletter Design, writing, art & photos*
- Ronniere Robinson, *Contributor*

TO SUBSCRIBE PLEASE CALL

(302)744-4703 or e-mail request to: OWH@state.de.us

HAVE A SUGGESTION?

If you have an idea, resource, news item, or event you would like to share with the Office of Women's Health, please contact OWH@state.de.us

SPREAD THE WORD:

Please forward this email to a friend. Effective community partnerships depend upon the sharing of resources.

The Office of Women's Health was created to increase the health knowledge for all Delaware women and engage them in leading healthier lives.



DELAWARE HEALTH AND SOCIAL SERVICES
Division of Public Health



Smart Snacks for the office

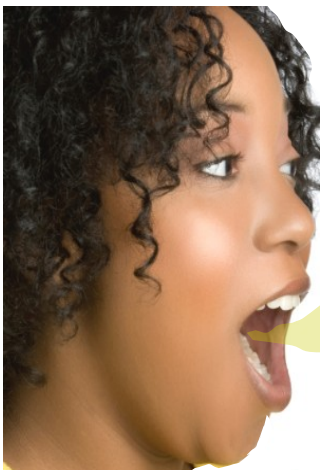


When the midmorning or afternoon lull sets in at the office, do you find yourself reaching for something unhealthy to munch on? It is important to snack, but on the right foods. Healthy snacks can help normalize blood sugar-levels at crucial points during the day. Reducing swings in blood sugar also helps to curb cravings and keep you on track if you are trying to lose weight. Stock your desk drawer or office fridge with some of these simple, healthy snacks:

| | |
|---|-----------------------------------|
| • Raw vegetables (celery, carrots, cauliflower) | • Tomato or vegetable juice |
| • Part-skim mozzarella cheese sticks | • Light tuna or salmon in water |
| • Dry-roasted or boiled edemame (green soybeans) | • A serving of high-fiber cereal |
| • Greek yogurt (plain, fat-free) or low-fat flavored yogurt | • Nuts (1/4 cup) |
| • Trans fat-free microwavable popcorn (1 pack) | • Sunflower seeds (3 tablespoons) |
| • Dried apricot halves with almonds (7 halves, 7 almonds) | • Lean, low-sodium deli meats |
| • Hummus, yogurt, natural peanut butter, or herb dips | |
| • Low-fat cottage cheese (with salsa or chopped cucumber added) | |
| • A few whole-grain crackers with low-fat cheese | |

These are the best finger foods to have on hand whenever you have the urge to snack. Find more nutritious choices at www.usda.gov

What's Behind BAD BREATH?



According to the American Dental Association, some of the most common causes of bad breath are:

- Eating potent foods, such as garlic or onion;
- Dieting or not eating enough;
- Not brushing or flossing teeth enough to remove food particles;
- Gum disease;
- Insufficient saliva to help wash away food particles;
- Smoking or chewing tobacco;
- Having a medical condition such as liver or kidney problems, a lung infection, diabetes or bronchitis.

If you find that changes in your diet and good dental hygiene don't help, talk with a health care professional to see if it could be something more.

10 Steps to get you **MOVING** - even at work!



- Create opportunities for activity, such as parking your car further from your destination and enjoy a little walk. Even better, walk or bike to work if you can;
- If you can't set aside one block of time to exercise, do short activities throughout the day, such as three 10-minute walks;
- Use stairs rather than the elevator;
- Be physically active at lunch with co-workers;
- Join an office fitness group to encourage each other and keep you motivated;
- Take a break at work to stretch or walk;
- Don't let cold weather ruin your efforts. Stretch in your office space or take a walk through your building. Take the stairs if you have them;
- Turn activities into social occasions. Get to know your co-workers by going for a walk to unwind;
- Set specific and short term goals, then reward yourself when you achieve them;
- Don't expect to notice body changes right away. It can take weeks or months before you notice some of the changes from being physically active such as weight loss.

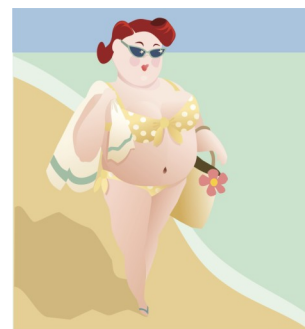


Dressing **RIGHT** to **PREVENT** **YEAST INFECTIONS**

Everyone wants to avoid yeast infections, but many don't realize that how you dress can encourage one. Synthetic fabrics, tight jeans, or a wet bathing suit provides just the right environment for moisture and warmth, producing the overgrowth of yeast fungi and resulting in the dreaded yeast infection.

Dressing right is easy to do -- and can prevent a yeast infection:

- Wear cotton underwear. Cotton wicks moisture away from the skin, discouraging yeast growth—so choose cotton whenever possible. Underwear of synthetic materials trap moisture and heat, providing a good environment for yeast.
- Limit wearing pantyhose, tights or leggings every day. When you do wear them, be sure to have cotton panties on underneath, and choose pantyhose with a cotton crotch.
- Avoid clothing that is too tight, especially in the heat of summer. The warmth and moisture will proliferate, inviting a yeast infection.
- Sleepwear should be loose-fitting and allow your skin to breathe.
- Change out of exercise-wear as soon as possible. The synthetic fabric of workout clothes can easily trap moisture. After swimming, change your clothing rather than lounging in a wet bathing suit.
- Wash clothes with additive-free products. Laundry detergents with scents and dyes can cause irritation when the laundered clothes come into contact with delicate skin.



Delaware **STAT**

According to the latest chart book from HealthStatus2020, published by the National Office of Women's Health, **HEART DISEASE** is still the #1 cause of death among women in Delaware. The biggest risk factor is women who have high blood pressure...but the good news is that 79.5 % of women are getting cholesterol screenings and over 90% have received a routine check up in the last two years. Delaware ranks 2nd in the nation for routine preventive care.

Shin Pain While Walking

Shin pain, often called shin splints, is often caused by fallen arches, or flat feet. Walking requires good arch support to avoid uneven pressure, so it's important to invest in a pair of good walking shoes before you set out on the roads or trails.

Strengthening your shins through a simple towel exercise can also be helpful. To do this, sit in a chair with your feet bare and with a rolled-up towel just in front of your toes. Grab the towel between your toes and your forefeet and unroll it, flexing the arches of your feet at the same time. Try to do this for 15 to 30 seconds every day. It will help those shins support you as you walk to stay fit!

For more on exercise tips, visit:

www.everydayhealth.com/fitness/team/specialist/austin/shin-pain-while-walking.aspx?xid=nl_EverydayHealthMenopause_20121216



Women's Health ART CONTEST

What is a healthy woman?

We may all have different ideas. The Delaware Division of Public Health's Office of Women's Health (OWH) invites you to express your vision of a healthy woman through your own original art!

Amateur and professional artists are encouraged to enter this contest from May 15, 2013—August 15, 2013 with an essay or a photograph of their own original two dimensional (2D) artwork. One entry per person, please.

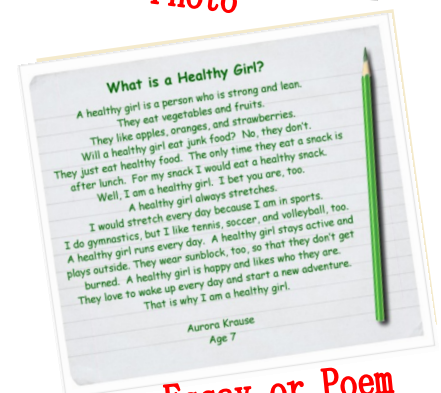
For more information, visit the OWH website: www.dhss.delaware.gov/dhss/dph/ click on Sections and Programs, then Office of Women's Health. You can also call the OWH at (302) 744-4703.

"Great art is as irrational as great music. It is mad with its own loveliness."
-George Jean Nathan

ART CONTEST Submission Examples:



Photo



Essay or Poem



Painting or drawing

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